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THESE SHRIMP SKEWERS IN
ONLY 20 MINUTES

PAGE 17

Hey kid, want
a puff of my
Tootsie Roll?Child-centric brands upset about
some e-cigarette flavours

PAGE 9

Their hearts are
still hopeful ...But an Ottawa dog shelter is worried
after losing its charitable status

PAGE 4

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Smiling faces, tired feet in Ottawa

Marathon. 40th Tamarack Ottawa Race Weekend breaks registration record with 47,500 participants

 **SEAN MCKIBBON**
sean.mckibbin@metronews.ca

The Scotiabank Ottawa Marathon finished with two new records, two new Canadian champions and a top-notch finish from a young Ottawa runner with autism.

Top-ranked male racer Yemane Tsegay, 29, from Ethiopia, raised his arms in the air as he finished the race with a record time of 2:06:54. That time smashed the Canadian record of 2:07:05, set in Toronto in 2013 and the Ottawa course record of 2:08:04, set in 2013.

Tigist Tufa, 27, also from Ethiopia, broke the marathon's record for women with a time of 2:24:31. The previous course record of 2:25:30 was set in 2013.

"We are thrilled with today's results," said Manny



Elite runners lead the start of the Ottawa Marathon Sunday morning. SEAN MCKIBBON/METRO

Rodrigues, elite athlete coordinator for the Tamarack Ottawa Race Weekend. "Bringing together a very competitive field of world-class racers and breaking the Canadian soil and Ottawa course records take our

marathon event to a whole new level on the international racing scene."

The race started with near perfect conditions, but grew warmer as the day progressed.

Tsegay said he didn't notice

any difference, though.

"I didn't see a change because the motion is just to win, so you don't consider the weather," he said through an interpreter.

The top Canadian woman,

Rhiannon Johns, 23, had a different take on the race.

"It was hot!" she said with a laugh, characterizing the race as a struggle, but one she was very pleased with. She said it had been her goal to be the top

female Canadian runner.

"In running it's rare to get to be able to do exactly what you wanted to do. It's so motivating," she said. Only her second marathon, it was seven minutes and 11 seconds off her personal best time of 2:40:24, set in Birmingham, Ala., this year. Eric Gillis, 34, of Canada also finished a bit slower than his personal best. He posted a time of 2:13:46, a little more than two minutes slower than his best run, which happened in 2011 in Toronto.

A remarkable performance was turned in by autistic runner Tommy Des Brisay, 22, of Ottawa. Running with a guide and his dad, Peter, trailing on a bike, Des Brisay, an avid runner, posted a time of 02:39:21 in his first-ever full marathon.

"I let somebody go first today," a beaming Des Brisay told reporters.

His mother, Maryann, said that was his way of "reconciling," that it was OK not to be first. Des Brisay has trouble communicating verbally, but said he felt "great" after the race and that he'd like to have a glass of "nice, fresh, cool water," no doubt echoing the thoughts of many a parched runner following the race.

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At left, Maria and Claudio Santamaria show off their Bunz and Ballz at the Ottawa Farmer's Market Sunday. Right, Kathy Aldridge takes a bite of a Hot Cream Hole while co-owner Angela Firman begs for a taste. TREVOR GREENWAY/METRO

Hungry for Hot Cream Hole or Bunz and Ballz?

'We are fun.'

Racy food-vendor names tickle funny bones and taste buds



TREVOR
GREENWAY

trevor.greenway@metronews.ca

They taste a lot better than they sound.

If you have tried one of Angela Firman and Kathy Aldridge's Hot Cream Holes or stuffed your face with Maria and Claudio Santamaria's

Bunz and Ballz, you know what I mean. Yes, the names are risqué and that's no accident when you talk to the two ladies serving up hot doughnut holes stuffed with ice cream. They know just how well sex sells and they're part of trend among food vendors toward edgy business names.

"We had some guys giggling and laughing, and I noticed they were like, 'Oh, Hot Cream Holes,'" Aldridge said. "And I said, 'Come on, guys, you know you want to try a Hot Cream Hole,' and they were like, 'Yeah, we are definitely com-

ing back.' It's just a fun name. Our product is fun. We are fun."

The taste of a warm doughnut stuffed with ice cream, with caramel and salt drizzled on top is what you'd expect: orgasmic. They have other flavours too — Ivana S'More and Plane Jane — and hope to spread their love across the city this fall with a new food truck.

Santamaria's Bunz and Balls — Italian arancini and ravazzata stuffed with ground beef, green peas and a homemade ragù sauce.

Maria told Metro that while the name is a bit racy, custom-

ers didn't really take note until they added the cannoli to complement the Bunz and Ballz — a long, skinny dessert shaped like, well, you get it.

"We had some customers say, 'Now what is this supposed to be?' and we just sat back and thought, 'Oh, yes, you are correct,'" said Maria, bursting into laughter.

Marketing expert Ian Capstick of MediaStyle had one word when told about the two new Ottawa businesses: "Awesome."

He said that a good brand goes beyond just a name, but

encompasses the entire philosophy and personality of the people behind the business.

"One would assume that businesses that have these tongue-and-cheek names are also a little bit more fun to be around," said Capstick.

"Your brand is about more than the name of your establishment. It's about more than the colour of your logo or the typeface that you chose. It's about the conversation that is happening about your business when you are not there."

Find both businesses on Facebook.

Crime. Ottawa police probe two weekend shootings

Fourth shooting this week

Ottawa police are asking for the public's help to piece together two shootings over the weekend — one on Highway 417 and another outside of an Elgin Street nightclub.

Police responded to a shooting on the Queensway Friday night around 10:30 p.m. near the Rochester exit where two bullets struck a car carrying five passengers. Nobody was injured.

A few hours later, shots rang out outside a bar in the 300-block of Elgin Street. No injuries were reported, but police found several shell casings

This weekend's incidents mark the city's fourth shooting in a week, after two more shootings were reported in the ByWard Market last weekend.

outside the bar.

The guns-and-gangs unit is continuing to investigate, but police urge anyone with information to contact them at 613-236-1222 ext. 5050.

TREVOR GREENWAY/METRO

Weekend thefts

Man charged with rash of vehicle break-ins

Police have arrested a 51-year-old Ottawa man for allegedly breaking into several vehicles and stealing goods.

John McGee was arrested Saturday, and police allege he used a tool to smash car windows. He is facing four counts of mischief, possession of stolen property, attempted theft, breach of undertaking and failing to meet probation orders. TREVOR GREENWAY/METRO

Carlingwood. Another elderly woman targeted in robbery, police say

Ottawa police are investigating the robbery of another elderly woman in the Carlingwood area.

This time, the victim was an 85-year-old who uses a walker to get around. Police say she was walking along Iroquois Avenue at about 2 p.m. on May 20 and was about to turn onto Haymarket Street when a suspect approached her from behind, grabbed her purse and fled through a garage at the Carlingwood Mall. The victim was not injured.

The suspect is described as Caucasian, about five-foot-10 with a thin build and short dark hair. He was wearing a black shirt and black pants.

This is the third similar robbery in this area, and police believe incidents are linked.

Anyone with information with respect to these incidents, or any other robbery, is asked to contact the robbery unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. LUCY SCHOLEY/METRO

1
NEWS

Ottawa dog shelter's founder hopes loss of charity status won't dry up donations

Hopeful Hearts.

Rosalind Phelps says postal glitch kept her taxes from being filed, and worries for health of animals in her care



TREVOR
GREENWAY

trevor.greenway@metronews.ca

The Canada Revenue Agency revoked the charitable status of an Ottawa dog-rescue organization for not filing its tax return, but its founder hopes it won't discourage the public from donating to her organization.

Hopeful Hearts Dog Rescue founder Rosalind Phelps told Metro the non-filing was due to mail getting lost.

"Our bookkeeper sent them in last August by mail and apparently they never made it there," she said, adding the tax return was simply dropped in a

mailbox, which left them with no proof they ever sent it.

"We have nothing and that is exactly the problem. If it had been sent registered mail, we would have a receipt, if it had been sent by courier, we would have proof of delivery, but we don't, because it was just popped in the mail. We scrambled to get everything in the very next day."

Phelps said she was told by the CRA to check back in July before anything could be done for the organization that she says has saved more than 1,000 unwanted and abused dogs since 2007.

With fundraising events coming up, such as the doggy walkathon on May 31, Phelps worries donors won't give cash this year, which may force the organization to forgo paying for surgeries that she says some dogs desperately need.

One small dog named Squeak needs surgery to remove both of her eyes, Phelps said, and it's unclear whether

the shelter can afford it.

"We have got some pretty important surgeries to happen, but we may have to wait, but I am really hoping we don't," she said. "Because these dogs have to wait on those surgeries before we can assess them and put them out there for adoption."

The Canada Revenue Agency said groups that lose their charitable tax status can receive gifts as unregistered charities or organizations, but "cannot issue official donation receipts." Senior spokesperson Philippe Brisebois told Metro charities can re-apply if they have been revoked for less than four years, but are not permitted to issue donation receipts during the application process.

Phelps said it's "one kick in the teeth after another." Last year, she said, she accidentally used shelter money to secure a vacation rental. The scandal caused three directors to resign from her board, but Phelps stayed on.



Hopeful Hearts founder Rosalind Phelps says a mail glitch has lost her organization its charitable status. CONTRIBUTED

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Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region. Fighting broke out Sunday in the Luhansk town of Novoaidar, where the Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. **THE ASSOCIATED PRESS**



A woman cries after hugging a pro-Russian gunman in Lenin square in Donetsk, eastern Ukraine, Sunday. **VADIM GHIRDA/THE ASSOCIATED PRESS**

Ukraine's decision day

Presidential election.

Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling



A Ukrainian soldier, with his daughter, casts a ballot during voting in the presidential election at a polling station in the village of Kovyr in western Ukraine, Sunday. Inset: Ukrainian presidential candidate Petro Poroshenko speaks to press at a polling station in Kyiv, Sunday. **PETRO ZADOROZHNY/THE ASSOCIATED PRESS; INSET: SERGEI CHUZAVKOV/THE ASSOCIATED PRESS**

centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was for-

mer prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new

president," a confident and composed Poroshenko told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has shown today for me and my team." **THE ASSOCIATED PRESS**

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Killer blamed women who rejected him

California college rampage. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on *The Hunger Games*, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman.



A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif. DAVID MCNEW/GETTY IMAGES

And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slobs," and that after his rampage "you will finally see that I am, in truth, the superior one,

the true alpha male."

Thirteen people were injured in the rampage, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Four of the injuries were considered serious.

THE ASSOCIATED PRESS



Belgian police hunt for shooter in Jewish Museum attack

A boy looks at candles and flowers at the entrance of the Jewish museum in Brussels, Sunday. Belgium launched a nationwide manhunt Sunday for a lone suspect in a shooting attack at the Brussels Jewish Museum as the toll in the attack rose to four dead.

YVES LOGGHE/THE ASSOCIATED PRESS



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Pope expresses solidarity with Palestinians

Holy Land pilgrimage.

'I am with you,' Pope Francis told children at Dheisheh refugee camp

Pope Francis delivered a powerful boost of support to the Palestinians during a Holy Land pilgrimage Sunday, repeatedly backing their statehood aspirations, praying solemnly at Israel's controversial separation barrier and calling the stalemate in peace efforts "unacceptable."

In an unscripted move, Francis arranged a meeting between the Israeli and Palestinian presidents at the Vatican next month. The meeting, while largely symbolic, shows



Pope Francis arrives to meet children in the Dheisheh refugee camp, near the town of Bethlehem, on Sunday.

VINCENZO PINTO/THE ASSOCIATED PRESS

the Pope arrived in Bethlehem, the birthplace of Christianity.

While Francis mingled warmly with his Israeli hosts, his trip to Bethlehem included the day's most powerful images as he expressed sympathy and solidarity with the Palestinians.

"I am with you," he told a group of Palestinian children at a stop in Bethlehem's Dheisheh refugee camp. Even the Pope's arrival in Bethlehem — by helicopter straight from Jordan — carried important symbolic significance. Past papal visits to the West Bank have come through Israel.

Jubilant Palestinians cheered Francis as he arrived in Bethlehem's Manger Square, shouting "Viva al-Baba!" or "Long live the Pope!"

THE ASSOCIATED PRESS

how the Pope has sought to transform his popular appeal into a moral force for peace.

On the second day of a three-day swing through the region,

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The right to be forgotten vs. the First Amendment

Privacy. An American is pinning the recent court ruling on search-engine results on 'prissy European sensibilities'

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at



Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers who want the right to have their last mistress forgotten."

Mountain View, Calif.

based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns

up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual. THE ASSOCIATED PRESS

Kid-centric brands fuming over e-cigarette flavours

Owners of brands geared toward children of all ages are battling to keep notable names like Thin Mint, Tootsie Roll and Cinnamon Toast Crunch off the flavoured nicotine used in electronic cigarettes.

General Mills Inc., the Girl Scouts of the USA and Tootsie Roll Industries Inc. are among several companies that have sent cease-and-desist letters to makers of the liquid nicotine demanding they stop using the brands and may take further legal action if necessary. They want to make sure their brands aren't being used to sell an addictive drug or make it appealing to children.

The actions highlight the debate about the array of flavours available for the battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale. The Food and Drug Administration last month proposed regulating electronic cigarettes but didn't immediately ban on fruit or candy flavours, which are barred for use in regular cigarettes because of the worry that the flavours



Flavoured electronic cigarettes have sparked anger, with the Girl Scouts calling the Thin Mint flavour "deceitful and shameless." THE ASSOCIATED PRESS FILE

are used to appeal to children.

It's growing pains for the industry that reached nearly \$2 billion US in sales last year in the face of looming regulation. E-cigarette users say the devices address both the addictive and behavioural aspects of smoking without the thousands of chemicals found in regular cigarettes.

There are about 1,500 e-liquid makers in the U.S. and countless others abroad selling vials of nicotine from traditional tobacco to cherry cola on the Internet and in

retail stores, often featuring photos of the popular treats. Using the brand name like Thin Mint or Fireball conjures up a very specific flavour in buyers' minds, in a way that just "mint chocolate" or "cinnamon" doesn't.

"Using the Thin Mint name — which is synonymous with Girl Scouts and everything we do to enrich the lives of girls — to market e-cigarettes to youth is deceitful and shameless," Girl Scouts spokeswoman Kelly Parisi said in a statement.

THE ASSOCIATED PRESS

Shopping. Feel like you're being followed? You are ... but not by a store clerk

You're not being paranoid. You are being tracked at the mall, via your smartphone.

Analytics — finding patterns in recorded data — has long been a major component of retailing and, with the advent of online shopping, it's an area where e-commerce has always had a leg up on traditional brick-and-mortar stores. An e-tailer can tell how many times a customer has visited its website, what items they browsed and recommend products based on demographics.

Now, owners of traditional stores can have a glimpse into the same type of data.

The Silicon Valley, Calif. tech

start-up RetailNext uses algorithms to interpret data taken from surveillance video cameras and smartphone trackers installed inside some of North America's biggest retailers.

The video cameras and Wi-Fi trackers can tell store owners important details, like how long a customer spends looking at a specific pair of jeans, whether they take them to the change room and if they end up buying them. Wi-Fi trackers, which can be set up on store shelves, gather data by automatically activating and reading anonymous identifiers in customer's smartphones.

THE CANADIAN PRESS

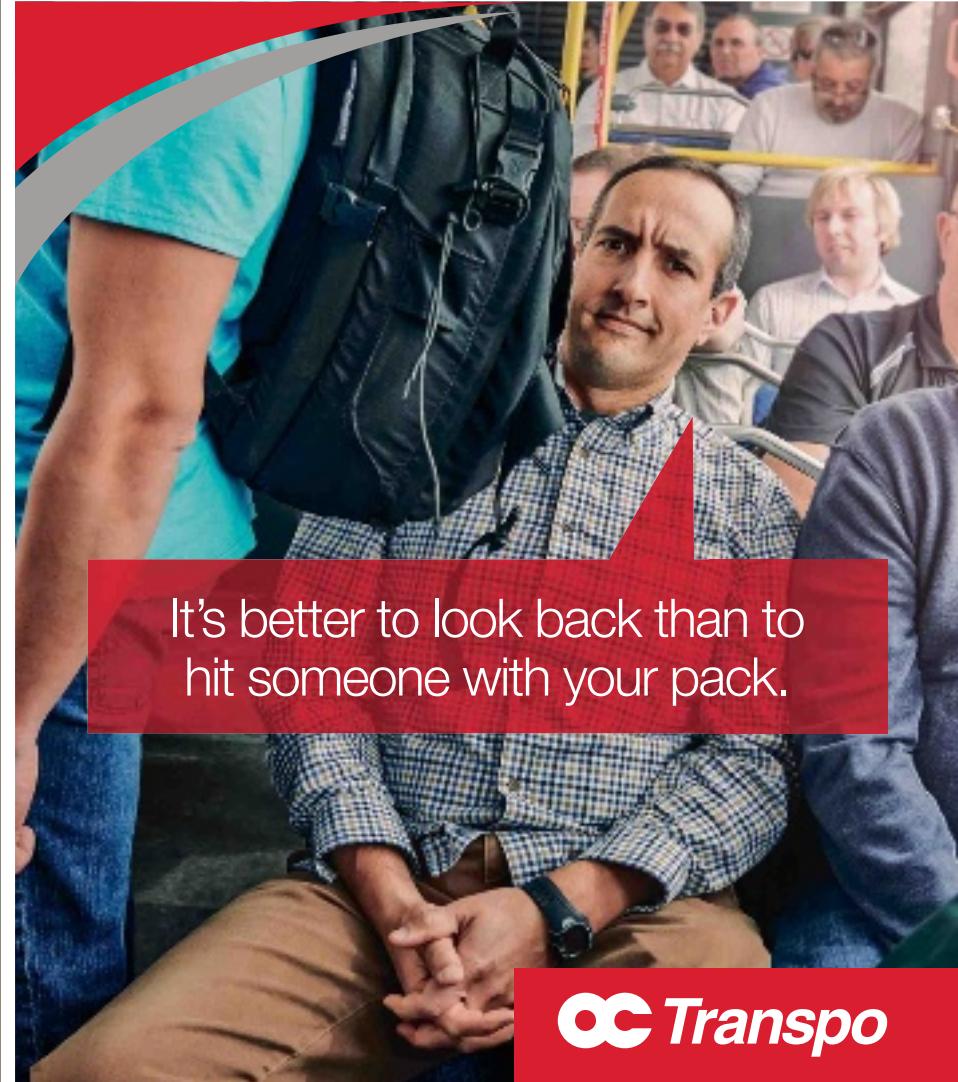
'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus

on agility but no large-scale reductions are planned, the company's new chief executive says.

Among other things, Rogers will adopt a new organizational structure focused on consumer and business customers. THE CANADIAN PRESS



ON A ROAD TO NOWHERE, FAST

Despite connotations of speed, Race Weekend, like rush hour, means if you were driving through downtown Saturday or Sunday, you likely weren't going anywhere fast. With road closures and traffic squeezed together onto detours, the fastest-moving travellers in the downtown core may well have been those wearing runners and numbers.

It also meant detours for downtown buses, but we were outward-bound Saturday, visiting some suburb-dwelling friends for a backyard barbecue (Downtown slickers can mock the 'burbs all they want, but it's BBQ paradise out there.)

I get a daily dose of the pains and pleasures of OC Transpo in the city, but the suburban transit experience, particularly on a weekend, is a whole different trip. At last week's transit commission meeting, commissioner Marianne Wilkinson made another intervention on service levels for her constituents.

"These people are saying well I'd like to be able to take the bus,



URBAN COMPASS
Steve Collins

ottawa@metronews.ca

but I can't because it's not there and it's too far (to) get there and there's no time to get to work, et cetera," she said. "There hasn't been an increase in budget but there has been an increase in area so the people in new areas are bearing the brunt of that."

If the Kanata North councillor has become a bit of a broken record on the subject, it's understandable. Little seems to change in this frustrating chicken-and-egg loop wherein existing ridership doesn't justify more service, and existing service doesn't attract ridership.

I mapped out our four-bus odyssey specifically to avoid the runner-congested downtown, but since the buses still had to pass through the core before getting to us, schedules were rendered something between a guess and extra-dry humour.

When an airport-bound 97 finally rolled into Hurdman, already packed to the stanchions, a sizeable crowd had accumulated and did their best to squeeze into the remaining unoccupied inches. An OC Transpo driver said another one would be along soon, but we laughed incredulously and crammed ourselves on. At Billings

Bridge, an outflow of passengers finally allowed an outlet of breath. As we continued south on the Transitway, the riders continued to thin, and once we left the dedicated bus route, the challenges of bussing outside the greenbelt became apparent, particularly the vast stretches of nothing and nobody between stops.

The stop-calling system doubled up on announcements, declaring each coming stop twice during the long empty periods in between, either to remind passengers or just kill the time. (The last time we'd taken this trip, the stop-call screen simply went blank in these dead zones, seemingly leaving us nowhere.)

We circled the abandoned park and ride at Leitrim, nobody getting on or off. A solitary car waited in the parking lot for its driver. Our friends are relatively well served, with transit within walking distance of their home, but they're a two-car household, and it's easy to see why. The entire trip out, including waiting for transfers and wandering the anonymous suburban maze of cloned houses on curved streets with awfully similar names, clocked in at a little under two hours.

Rather than face the Saturday night schedule on the way home, we cadged a car ride from fellow guests, as any rational suburbanite would.

ZOOM

Glacier recedes at unglacial pace



The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmhurst, Jasper National Park's resource conservation manager.

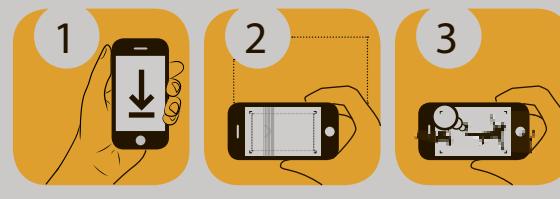
The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

"I think long term it's not good news at all," said Wilmhurst. "Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

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In this issue, you can find AR enhancements on page 6 in News, page 11 in Scene and page 18 in Sports

Worth mentioning. PetMatch app aims to be a man's best friend

A new phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great-news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar

style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/
METRO WORLD NEWS



The Mozart Project

By James Fairclough & Harry Farnham

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's *X-Men: Days of Future Past* debuted with \$91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure *Godzilla*, which earned \$31.4 million in its second weekend, according to studio estimates.

Days of Future Past is the second-highest opener in the *X-Men* franchise.

THE ASSOCIATED PRESS

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker

Canadian director Xavier Dolan won the Jury Prize for his film *Mommy* at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama *Winter Sleep*.

Dolan was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (*Goodbye to Language*), 83, was the oldest.

Dolan was very emotional when he went on stage, having to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think of this mythical room is over-



Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

whelming," he said.

"I am lost in gratitude thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carole Brabant, issued a statement congratu-

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- Palme d'Or: *Winter Sleep*, Nuri Bilge Ceylan
- Best Director: Bennett Miller, *Foxcatcher*
- Best Actor: Timothy Spall in *Mr. Turner*
- Best Screenplay: Andrei Zvyagintsev and Oleg Negin for *Leviathan*

lating Dolan for winning the award.

Dolan is no stranger to the Cannes festival.

In 2009 he made a splash with his directorial debut, *I Killed My Mother*, written when he was just 17. The film — a semi-autobiographical story about a boy discovering his homosexuality and battling with his mother — reportedly earned an eight-minute standing ovation at the festival and ultimately won three awards in the Director's Fortnight program.

Dolan's list of films also include *Heartbeats* (*Les Amours Imaginaires*) (2010); *Laurence Anyways* (2012) and *Tom at the Farm* (*Tom à la ferme*) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie *Misericorde* in 1994, and the divisive 2008 horror film *Martyrs* in 2008.

THE ASSOCIATED PRESS WITH FILES
FROM TORSTAR NEWS SERVICE

Julianne Moore wins Best Actress for Cronenberg satire



Julianne Moore won the best actress prize at the 67th Cannes Film Festival Saturday for her role as a shallow starlet in Canadian director David Cronenberg's biting Hollywood satire *Maps to the Stars*.

In the film, the 53-year-old redhead plays an aging actress feeling increasingly sidelined by an industry obsessed with youth.

When the young son of a rival for a new film role

is killed in a freak drowning accident, Moore does a dance of joy that remained one of the enduring shocks of this year's festival.

"Vive Los Angeles, vive David Cronenberg, vive Julie Moore et vive la France," the film's screenwriter, Bruce Wagner, said as he picked up the trophy for Moore, who was not in Cannes.

Moore has played everything from a porn star to

an FBI agent in her 20-year film career, a career that has already brought four Oscar nominations, two Golden Globes and a Prime-time Emmy to her name.

Her best-known films include 1998's *The Big Lebowski*, *Crazy Stupid Love* (2011) as well as *The Hours* and *Far From Heaven*, both from 2002.

Those last two helped her join the elite club of actors to score two Oscar

nominations for different films in the same year. She also scored Academy Award nods for *Boogie Nights* (1997) and *The End of the Affair* (1999).

Moore won a Golden Globe and an Emmy for portraying Sarah Palin in 2012's *Game Change*, about Republican John McCain's doomed 2008 White House run with the former Alaska governor as his gaffe-prone running mate. **AFP**

2
SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twilights out for 'too old' Pattinson



STARGAZING

Malene Arpe
scene@metronews.ca

Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old." Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabbing."



1) Justin Bieber is reportedly finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled. Awwww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.

stabby, stabbing, beautiful language." That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication

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Kim Kardashian and Kanye West GETTY IMAGES

Unhappily Eva after losing role to Chastain



Eva Mendes GETTY IMAGES

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in *Zero Dark Thirty*," a source tells Radar Online. "Eva desperately wanted to be considered for the part, as she's tired of being typecast as a love interest and wants to be a leading lady." Complicating matters is the fact that the actresses reportedly share a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated," the source says.

Kanye leaves wedding guests in altar-ed state with grandiose speech

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the

world a better place." West "went on and on about the culture of being in the lime-light and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"



Prince Harry GETTY IMAGES

Did she use Hermione's Time Turner?



It's graduation day for movie star Emma Watson.

The British actress best known as Hermione Granger in the Harry Potter movies was among 2,000 graduates receiving degrees Sunday from Brown University. She tweeted a photo of herself in cap and gown.

Watson graduated with a bachelor's degree in English literature from the Ivy League university in Rhode Island.

The 24-year-old started at Brown in 2009, the same year she was named the highest-grossing actress of the decade by the Guinness Book of World Records.

Watson had a busy film career during her time as a student, releasing both parts of Harry Potter and the Deathly Hallows, The Perks of Being a Wallflower, This is the End, and the recent Biblical epic Noah. **THE ASSOCIATED PRESS**

Like a pup without a Bonas, Harry goes the night away with dancer

Prince Harry seems to be taking his breakup from Crescida Bonas pretty well. The redhead Royal reportedly partied until the early hours recently at London's Chakana Club with 20-year-old go-go dancer Paige Collins, according to the Sun. A source tells the newspaper that "she caught Harry's eye" after he and some pals showed up at

the venue, and the pair proceeded to down vodka shots and dance the night away until nearly 3 a.m. Collins herself confirmed the late-night fun via Twitter. "So not every day you get to dance and have vodka shots with Prince Harry," she posted. "He's the most down to earth man considering he's still a prince."

Six signs you're a shopaholic

Spending like a drunken sailor?

Figure out how to say bye-bye to buy-buy binges



GAIL
VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy ... well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a



Bagged again? Perhaps it's time to give shopping the sack. iSTOCK

disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centi-

metre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a

new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A \$5,000 credit limit means you have \$5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO Mymoneymychoices.com AND FOLLOW THE ROADMAP TO SUCCESS.

Keep the little sprouts on veg



Want your Swee'Pea to eat her spinach and all the other veggies that are good for her? Don't tell her it will make her as strong as Popeye. iSTOCK

A recent study led by Dr. Ayelet Fishbach of the University of Chicago's Booth School of Business indicates that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," Fishbach explains in an article slated for publication in the October 2014 issue of the Journal of Consumer Research.

"As such, if food is presented as making them strong ... these children will conclude

the food is not as tasty, and will therefore consume less of it."

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

To reach these findings, researchers carried out five experiments on a sample population of 270 preschool-aged children (ages three to five). The study found that children ate more of a food when it was presented without commentary or when it was presented simply as tasty, without any indication of its "usefulness." AFP

Turn over healthy leaf

- Meanwhile, a separate study published last year in the journal Psychological Science found that teaching kids about nutrition through books could boost their vegetable intake.

- Scientists from Stanford University found even very young children, aged four and five, could benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said.

- Over time, kids chose to eat more vegetables.



Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals



Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. — Lesley-Anne Scorgie/For Metro



Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK



Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Anne-Marie and Peter

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately \$200,000. She also signed up for \$500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives \$15,000 for Peter and \$7,500 for their child, should either pass away. Her new insurance plan costs \$35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those poli-

Anne-Marie and Peter recap

- Location: Toronto
 - Ages: 37 and 33
 - Occupations: Broadcasting and sports editing.
 - Total household income: \$110,000.
 - Life stage: Expecting their first child in June.
 - Financial savvy: Medium — they use budgets to help guide spending, have some
- retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
 - Current net worth: \$86,000
 - Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

cies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance,

it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately \$18,000. These funds would eliminate the couple's debts.

Homework:

Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Caroline's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Caroline with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was \$250,000. Jose's parents gave them \$25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Caroline used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year

Carolina and Peter recap

- Location: Calgary
 - Ages: 33 and 31
 - Occupations: Stay-at-home mom and roofing.
 - Total household income: \$62,000.
 - Life stage: Three daughters ages six, three and one.
 - Financial savvy: Medium to low — they recently established a budget, are
- very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
 - Current net worth: Minus \$7,000
 - Homework from May: File their taxes, create a plan for their tax return and look for a home.

term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:

The focus for Caroline and Jose throughout June is to pack up and move into their

new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

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Professor, please give me a positive plug

Academic references.

When you need your teacher to vouch for you, make sure you reach out with respect

LAKSHMI
GANDHI
Metro World News

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them. Because writing detailed recommendations can be



Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you.

ISTOCK

very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows

you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog *Thoughts on Teaching*.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing. While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time-consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't

have time to do them all."

Ask in person

Schedule a meeting with your professor so you can discuss the schools you are applying for, your goals, and why you want to go to grad school. Making a request for a recommendation over email or just after class can seem too casual and rushed.

Dodd adds that you should also tell your professor why you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

Give them all the information they need

Make a folder with a copy of your resumé, a note with all of the classes you took with the professor with the semester listed, and a list of all of programs you're applying to.

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Round out shrimp's sweetness with an apricot glaze and hoisin sauce



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FLASH FOOD

From your fridge
to your table in
30 minutes or less

A skewered shrimp kebab is a great appetizer or main course, especially when served over top a bed of tender spaghetti.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghettini recipe goes well with the sweetness of the shrimp.

Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has only 120 calories and two grams of fat and contains about one third your daily protein intake.

Shrimp are also an excellent source of selenium and vitamin B12.

You can also use a variety of fish such as scallops, or a firm white fish such as swordfish, cod or halibut.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat



This Apricot Glazed Shrimp Skewers and Spaghettini recipe makes 16 skewers. ROSE REISMAN

as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Directions

1. Thread the 16 medium, peeled and deveined shrimp onto the skewers.
2. Combine the apricot jam,

oyster and hoisin sauce in a small bowl. Stir well and set aside half of the prepared sauce. Brush the other half of the sauce over the skewered shrimp.

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghettini
- 2 tsp sesame oil

Nutritional information

Per serving (four skewers)

- Calories. 263.5
- Carbohydrates. 40.7 g
- Fibre. 5.6 g
- Protein. 20 g
- Total fat. 3.1 g
- Saturated fat. .8 g
- Cholesterol. 128 mg
- Sodium. 376 mg

TOTAL TIME
ABOUT 20
MINUTES

Layer, dip and then repeat



This Southwest Layered Dip recipe serves eight. ROSE REISMAN

Everyone loves the cuisine of the Southwest. Burritos, tortillas, quesadillas, guacamole, beans and cheese now make up much of our Canadian food landscape. I created a mini shot glass dip using many of these flavours. You can serve these as an appetizer or part of a Tex-Mex meal.

I like to serve these with baked tortilla crisps that you

Ingredients

- 8 (3 oz) small glasses
- 1/2 cup refried canned beans
- 1/2 cup light sour cream
- 1/2 cup mashed ripe avocado (approx. 1 small)
- 1/2 cup shredded cheddar cheese
- 1/2 cup diced seedless tomato
- 1/4 cup canned black beans

can easily make on your own. Rather than using the packaged deep fried versions, just take a tortilla cut into eight triangles and brush or spray with a little oil and sprinkle with a little garlic powder, salt, pepper and a hint of cayenne. Bake at 400 F just until crisp, about five to

eight minutes.

1. Layer each shot glass with ingredients starting with refried beans and ending with the black beans. You can serve room temperature or chilled with tortilla chips or sliced vegetables.

ROSE REISMAN

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Oil Kings upset Storm to win Memorial Cup

CHL championship.

Edmonton captures junior title behind two goals and three assists tallied by Samuelsson



DAVE
LANGFORD

Metro in London, Ont.

The coach of the Edmonton Oil Kings did not have enough adjectives to use to describe his team after winning the Memorial Cup on Sunday in London, Ont.

"We're just resilient, gutsy, courageous, dynamic. What do you say about these kids?" Oilers coach Derek Laxdal said. "They weren't picked to be here and we're here, we won it and we're champions."

Pretty simple when you break it down that way, but not so easy when you form your game plans against one of the best junior hockey teams in the country in the Guelph Storm.

But to a player, they all gave Laxdal credit after the Oil Kings upset the Storm 6-3 to win their first Memorial Cup in the current version of the Edmonton franchise.

Laxdal and the players shared this win with their late teammate, Kristian Pelss, who passed away last year after a diving accident back in his home country of Latvia.

"There is a lot of deep feelings for Kristian," Laxdal said. "The guys responded. But you



The Edmonton Oil Kings react after beating the Guelph Storm in the Memorial Cup final on Sunday in London, Ont.

BRUCE BENNETT/GETTY IMAGES

Memorial Cup final



know what? These kids did it for each other in the dressing room, too. Kristian was looking at us from above and he was

shining down when we needed him."

Henrik Samuelsson, the scoring star of the game for the Oil Kings, agreed with his coach.

"Everyone knows about the passing of Kristian Pelss and he was a good buddy of mine. I know he was watching over us today and definitely had a part of it," Samuelsson said.

Samuelsson had two goals, including one into the empty net, and three assists. Edgars

Kulda added a goal and two assists and Cody Corbett, Tyler Robertson and Mitch Moroz added singles. Goalie Tristan Jarry had a strong game, making 32 saves.

Robby Fabbri, Stephen Pierog and Zack Mitchell scored for the Storm. The Storm has won three straight games before losing their first game in the championship final. Goalie Justin Nichols had trouble with the high shot, but did make 40 saves.

MLB

Dodgers' Beckett no-hits Phillies

Josh Beckett pitched the first no-hitter of his stellar career and the first in the majors this season, leading the Los Angeles Dodgers over the Philadelphia Phillies 6-0 on Sunday.

Beckett struck out six, walked three and didn't come close to allowing a hit against a lineup that included two former NL MVPs and four former all-stars.

The 34-year-old right-hander, whose career was almost derailed last year by a nerve condition that left him unable to feel his fingertips, threw 128 pitches and fanned Chase Utley on a called strike three to end the game.

THE ASSOCIATED PRESS

French Open

Raonic off to solid start in Paris

Milos Raonic hopes his recent success on clay leads to a long run at the French Open.

The Canadian star won his opening match at the second Grand Slam of the year on Sunday, beating Australian wild card Nick Kyrgios 6-3, 7-6, 6-3 to reach the second round.

Raonic, the eighth seed from Thornhill, Ont., needed exactly two hours to eliminate Kyrgios.

Raonic, who came to Roland Garros from a Rome semifinal last weekend, finished with 50 winners and 30 unforced errors, breaking on four of 10 chances.

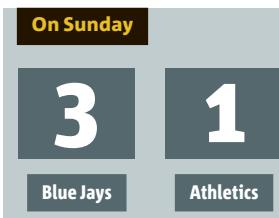
THE CANADIAN PRESS

How sweep it is: Blue Jays break out brooms vs. A's

Left-hander J.A. Happ pitched seven scoreless innings and Edwin Encarnacion homered as the Toronto Blue Jays defeated the Oakland Athletics 3-1 on Sunday to extend their winning streak to a season-best six games.

The Blue Jays (29-22) have won 16 of their past 21 games to occupy first place in the American League East. The Athletics (30-20), who lead the AL West, have lost four in a row.

Happ (4-1) allowed four hits and three walks while striking out seven in his longest outing of the season.



Dustin McGowan replaced Happ in the eighth and allowed Josh Donaldson's 11th homer of the season. Casey Janssen pitched the ninth inning to earn his seventh save in as many tries this season.

A's left-hander Drew Pomer

eranz (4-2) allowed five hits, four walks and two runs in four-plus innings.

The Blue Jays did not have a hit until Encarnacion homered to left on a 2-2 fastball with one out in the fourth. It was his 14th of the year and the 12th of the month, tying him with Jose Bautista for the team record for homers in May. The run also snapped a string of 18 consecutive runless innings for Pomeranz.

Reyes finished the game with three steals, tying a career best for the shortstop, who has done it eight times.

THE CANADIAN PRESS



Hunter-Reay edges Castroneves

Ryan Hunter-Reay cools off with a bottle of milk after winning the Indianapolis 500 on Sunday. Hunter-Reay passed Helio Castroneves on the final lap to deny the Brazilian a record fourth Indy 500 win and became the first American since 2006 to win "The Greatest Spectacle in Racing." Scan the image for a gallery of the 98th running of the 500-mile race. JONATHAN FERREY/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

Taurus

April 21 - May 21

The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

Gemini

May 22 - June 21

For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

Cancer

June 22 - July 23

Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

Leo

July 24 - Aug. 23

There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

Virgo

Aug. 24 - Sept. 23

People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

Libra

Sept. 24 - Oct. 23

Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

Scorpio

Oct. 24 - Nov. 22

What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

Sagittarius

Nov. 23 - Dec. 21

The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

Capricorn

Dec. 22 - Jan. 20

If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

Aquarius

Jan. 21 - Feb. 19

You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

Pisces

Feb. 20 - March 20

You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people you have done favours for who would like nothing better than to return the compliment. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Across

1. Letters-in-a-row
4. Charles Dickens novel, ___ House
9. Actor Jimmy
14. Some vowels
15. Big Wreck's "The ___ Luck Is Wasted"
16. Army academy attendee
17. Edmonton: LRT Service = ___ Transit
19. Canadian doctor, the 'Father of Modern Medicine', William ___ (b.1849 - d.1919)
20. Bird: French
21. Stratford, ON born single-named songstress
23. 'Meth' suffix
24. Depleted
25. Bell town in a Longfellow poem
27. Winter reminder in the garage
30. Large amount
34. Cartoons voiceover Mel
35. Music chord type
37. "The Simpsons" character
38. Sitcom starring Barbara Eden: 4 wds.
41. Become
42. ___-ovo vegetarian
43. Just starting something out: 2 wds.
44. Iron and Lead
46. Vodka brand
47. Farm team
48. Founded, briefly
50. Caf' serving

Down

51. Remove, as a necklace
55. Painter Mr. Monet's
59. Map items
60. Alternative medicine practitioner
62. Cultural standards
63. ___ Lama
64. 'Serpent' suffix
65. James' role in "The

Godfather" (1972)
66. Bagpipes sound
67. Tree's 'liquid'

___ Arts City'
5. Johnny ___ (John Candy "SCTV" character)

11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel ___ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type

11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel ___ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	9	2	7	1	8	4	8
1	4	7	6	9	8	2	3	5
8	2	6	3	5	4	1	6	7
2	1	8	9	8	7	3	5	4
5	8	4	1	6	3	7	6	2
7	6	3	5	4	2	9	8	1
6	3	2	4	1	5	8	7	9
4	7	1	8	3	9	5	2	6
9	8	5	7	2	6	4	1	3

5	9				
3	5				6
7	8	2	1	5	
4					9
2	9	6	5	4	
1					6
1	6	3	7	2	
7			9	3	
				4	9



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